

Sometimes the thought of eating another salad seems about as fun as a root canal so my goal was to create meals that are anti-inflammatory, free of common allergens such as wheat, gluten, soy, sugar, corn and casein, and actually **fun** to eat. I know that sometimes the last thing we want to spend energy on is preparing food so I tried to make most of these simple and easy to prepare so even on our worst days we can eat well. I realize our families, friends, kids don't live on carrot sticks and green juice so I created recipes that could be satisfying for everyone, minimize cooking time, and hopefully eliminate the need to cook separate meals for yourself! Enjoy!

Here is the key: **G = gluten S = soy Su = sugar C = corn Ca = casein and W = wheat**

Dips and Dressings

Yummy creamy dip -5 ingredients – Free of G,S,Su,Ca,C,W

- 6 oz plain **sheep milk yogurt**
- 1 large sweet onion
- 4 sprigs fresh thyme or 2 tsp dried thyme
- Himalayan sea salt
- 1 Tbs extra virgin olive oil plus extra for drizzling

- 1) Heat olive oil in a wide skillet on medium heat.
- 2) Add chopped onion and sauté – allow onions to caramelize and turn golden but do not burn. (about 8-10 minutes).
- 3) Add chopped fresh or dried thyme into onion mixture.
- 4) Stir onions frequently, reduce heat to low and cook slowly for twenty minutes.
- 5) Remove onion mix from pan and let cool.
- 6) In a separate bowl combine yogurt, salt, and onion mixture.
- 7) Top with a dash of extra virgin olive oil.

-Yogurt from sheep may be tolerated by the lactose intolerant.
 -It contains 50% more protein and calcium than cow's milk.
 -It contains probiotics which protect the intestinal tract and boost the immune system.
 -It contains B vitamins and zinc.

Guacamole -5 ingredients Free of G, S, Su, C,Ca, and W

- 2 ripe medium **avocados**
- juice and zest of 1 lemon or 2 limes
- one clove of minced garlic
- 1/2 small red onion minced
- Himalayan salt and dash of olive oil to taste

- 1) Scoop out the flesh of two medium avocados and mash them in a bowl with minced garlic, onion and juice and zest of one lemon to desired consistency.
- 2) Season with salt to taste.
- 3) Use as a dip for fresh crunchy veggies or serve over brown rice or quinoa.

Variation: mix in ½ cup plain sheep milk yogurt for a creamier guacamole.

Avocados are a good source of folate – important for heart health and potassium – and it promotes healthy blood pressure.
 -Its monounsaturated fat helps your body absorb more nutrients from other veggies when eaten in combination.
 -It is a good source of fiber, vitamin K, E, B6 and copper.
 -It is a complete protein containing all essential amino acids.
 -It contains **glutathione** – which functions as a buffer neutralizing acids that can cause cell damage.
 -Those with a latex allergy may be allergic to avocados.

Classic dressing Free of G,S,Su,C,Ca and W

- 1/2 cup extra virgin olive oil
- 1/4 cup raw unfiltered apple cider vinegar
- zest and juice of one lemon
- 1-2 cloves **garlic** or you may substitute half a small shallot
- 1 tsp dried Italian or herbs de Provence herb mix
- Himalayan salt to taste

Beneficial properties of Garlic:

-Antiviral, Antibacterial, Anti-inflammatory, Anti-cancer, Antioxidant and Cardio Protective.

-It is a good source of vitamin C, selenium, manganese and vitamin B6. Its sulfur compounds contain precursors to **glutathione** – essential for lymies to protect cells against free radical damage.

You may make this dressing in a blender/food processor or in the bottom of a deep bowl.

To prepare in a blender:

- 1) Zest and juice one lemon, peel garlic clove, and pour apple cider vinegar all into the blender.
- 2) Add herbs and salt and blend until herbs are broken up into fine bits and garlic is minced.
- 3) Add olive oil and blend to a smooth consistency.

To prepare in a bowl:

Repeat steps one and two into the bottom of a bowl. Make sure to finely mince the garlic.

Slowly whisk in olive oil.

For a thicker consistency you may add more olive oil. For a thinner consistency or a marinade you may add more acid (lemon juice or vinegar) and extra garlic!

Variations: Many lymies have a sensitivity to citrus – in this case simply omit the citrus and the dressing will still taste great. You may also add a handful of fresh basil and or parsley for a burst of flavor. Instead of olive oil, try substituting high lignan flax oil or hemp oil for more omega 3s. Try adding a cup of either soaked or toasted nuts to this mix for a **delicious pesto**. Mix the classic dressing recipe with fresh basil – add chopped cilantro, the juice of one more lemon, ½ tsp cumin and ¾ cup raw sesame tahini for a **smoky shrimp marinade**.

“Say Cheese”

- 1/2 cup tahini
- 1 cup soaked brazil nuts
- 1/4th cup sesame seeds
- 1 bulb roasted garlic
- juice and zest of 1 lemon
- 1/2 tsp dry mustard
- 1/2 tsp onion powder
- 1/2 tsp sea salt

- 1) In a food processor or blender combine all ingredients and puree
- 2) Add several tsp water to thin as desired

Raw Seed Mash -It's like a seedy hummus dip and it should be energizing. I use it like a condiment - you can put it on everything, is a good source of calories and it keeps in the fridge 4-5 days or you can freeze it. Basically you make a vinaigrette, and blend it with the soaked seeds to desired consistency.

- 3 cloves garlic
- juice and zest of 2 lemons
- sea salt
- splash raw apple cider vinegar
- olive or flax oil
- sunflower, sesame and flax seeds

- 1) Soak 1 cup raw sunflower seeds and 1cup sesame seeds in filtered water for 1 hour or overnight.
- 2) In a blender pulse raw garlic, lemon juice and zest, sea salt and any other seasonings you like with a splash of apple cider vinegar and as much olive oil/flax as you like.
- 3) Drain and rinse seeds and add to mixture in blender.
- 4) Add ground flax seed and puree to desired consistency.

Sides and Snacks

Blanched Asparagus with Lemon Sauce

Free of G,S,Su,C,Ca, and W

- 2 lbs fresh asparagus, stiff ends removed
- 1/2 cup raw jarred tahini paste
- 1/2 cup lemon juice
- 1 tsp lemon zest
- pinch of sea salt
- 1 small clove of garlic chopped
- sprinkle of black sesame seeds for garnish

- 1) Bring a large pot of salted water to a boil.
- 2) Meanwhile, trim tough ends off asparagus and cut each spear into two pieces crosswise.
- 3) Add asparagus to boiling water and cook 30 seconds to 1 minute or until bright green and tender.
- 4) Transfer asparagus immediately from boiling pot to a bowl of ice water and cool 1 minute.
- 5) Drain and set asparagus aside.
- 6) In a blender combine tahini, lemon juice and zest, salt and garlic clove and puree until smooth. (You may add water if you desire a thinner consistency).

Beneficial properties of Asparagus:

- High in folate, B6&12- critical for cardiovascular health – in lymies the methylation cycle is often disrupted – these nutrients help regulate homocystine levels and support the methylation cycle.
- It is a good source of potassium and a natural diuretic – helps flush our bodies of excess fluids.
- It contains inulin- food for the health promoting friendly bacteria in our gut
- It is a good source of vitamin K,C,B and A, tryptophan and folate.

Better than Oatmeal:

- 1/2 cup quinoa
- 1 cup water
- frozen strawberries
- mixed berries frozen or fresh
- toasted nuts of your choice (I like walnuts - buy raw in bulk and toast at 350 in the oven for about 12 minutes)
- 1/2 tsp cinnamon plus a pinch of nutmeg (or just use pumpkin pie spice)
- dollop plain sheep's milk yogurt

Quinoa takes about 10-15 minutes to cook so if you are usually in a rush in the morning just make it the night before - it stores well and you can reheat it in 5 minutes the next day.

- 1) Place quinoa and water in a pot and bring to a boil.
- 2) As soon as it boils, adjust the heat to low and let simmer 10-15 minutes.
- 3) In a separate pot heat strawberries with cinnamon on medium and puree or mash with a fork until a liquefied sauce is made.
- 4) Place quinoa in a bowl and mix in the strawberry sauce. Top with other fruit, nuts and yogurt.

Variation: Layer ingredients in a parfait glass and shave some 100% dark chocolate over the top for added decadence!

If you love oatmeal like I do check out Bob's Redmill Farm gluten free oats and substitute them for the quinoa.

Creamy Nutty Rice

- 2 cups organic chicken or vegetable broth or bouillon (be sure to read the label to avoid sneaky additives like cane juice and yeast, even in organic brands)
- 1 cup brown rice (Arborio rice has the creamiest texture but any will do) soaked overnight covered in water and rinsed
- 1/2 cup toasted walnuts
- 1/2 bunch basil chopped
- sea salt

- 1) Bring to cups chicken broth or bouillon to a boil.
- 2) Add rice and bring to a boil once more.
- 3) Cover, reduce heat to low and simmer 45 minutes or until rice is tender and the liquid is absorbed, stirring occasionally. You may add more liquid as needed.
- 4) Preheat oven to 350 degrees and toast walnuts for 12 minutes until fragrant.
- 5) Mix rice with walnuts and chopped basil and season with salt as desired.

A word on nuts: Even the freshest nuts often contain mold/aflatoxins which are one of the strongest carcinogens known and may impair the livers ability to eliminate Lyme from the body/prevent healing. It is very important to soak nuts in water and vitamin c or grapefruit extract drops (5-10 drops in soak water for 10-15 minutes) to kill the mold first. You may then consume or toast them in the oven to dry them out. Eating fresh carrots, parsnips, parsley and celery can help reduce molds toxic effects. Nuts are a good source of protein and healthy fats as well as zinc, magnesium, folic acid, calcium and B vitamins which support immunity, fertility, nerves and muscle tissue, and glowing skin

Sweet potato patties

- 4-5 large sweet potatoes
- 1 large onion chopped
- ½ bunch scallions white and green parts chopped
- 2 cups shredded zucchini or yellow squash (if you have left over cooked veggies you can toss them into the mix as well)
- 1.5 tsp garlic powder
- 1.5 Tbs Italian herbs
- ½ tsp sea salt
- 2 Tbs olive oil or coconut oil for frying
- 4-5 Tbs ground flaxseed

- 1) Wash sweet potatoes and place on oven rack to bake at 400 F for 45 minutes or until tender.
- 2) Meanwhile heat large 1 Tbs olive oil in a large skillet over medium heat. Add chopped onion, shredded veggies, garlic powder, Italian seasoning and sea salt, and sauté about 6 minutes.
- 3) Remove potatoes from the oven and let cool. When cooled remove the skins and place potatoes in a large bowl. Mash potatoes with a fork.
- 4) Add scallions and cooked vegetable mixture to the potatoes and mix to combine.
- 5) Heat remaining oil in a skillet over medium high heat.
- 6) Form potato mixture into patties and flatten to the shape of a thick pancake. Place patties into ground flaxseed and coat evenly on all sides.
- 7) Fry patties in the skillet for 5 minutes flipping once. Remove and serve.

Cauliflower Mash -This is easy and makes you feel like you are eating mashed potatoes. Mix with cooked sweet potatoes if desired.

- 1 large head of cauliflower
- A bit of chicken or vegetable broth for mixing
- Homemade vinaigrette for mixing (olive or flax oil, garlic, apple cider vinegar, lemon juice etc.)

- 1) Steam entire chopped head of cauliflower until soft enough for mashing – about 8 minutes.
- 2) While still warm place pieces of cauliflower in bullet with several tsp of vinaigrette and broth and blend to a whipped consistency.
- 3) Eat as is or add some cooked mashed sweet potatoes.

Steamed Green beans with cheese-less pesto

- 1 lb green beans or haricot vert ends trimmed
- 2 cups walnuts lightly toasted
- handful each parsley and basil
- juice and zest of two lemons
- 1 cup extra virgin olive oil
- sea salt

- 1) Place the beans in a steamer and gently cook until tender but still green 5-7 minutes.
- 2) If not serving immediately run the beans under cold water after they have cooked to retain color.
- 3) While the beans steam place the remaining ingredients in a blender and pulse until a paste is formed.
- 4) Combine beans and pesto in a bowl, toss and serve.

Spring Salads: If you've got Lyme, chances are salad has become your new best friend...or enemy depending. The key to avoiding the whole romaine, shredded carrot, cucumber, repeat routine is to mix it up. Try less common veggies like fennel and arugula, mix fresh herbs or yogurt into homemade dressings and go wild with the toppings like toasted sesame seeds, seaweed, freshly ground flaxseeds or juicy grapefruit sections. If you and your salad can learn to get along, it will go a long way help cleanse and balance your system.

Kaela's Favorite Salad Free of G,S,Su,C,Ca, and W

- 1 handful fresh parsley chopped
- 1 handful fresh cilantro chopped
- 1 medium jicama bulb peeled and sliced into thick matchsticks (you may substitute a green apple if jicama is not available)
- 1 bunch red or pink radishes halved and sliced
- ½ small red onion thinly sliced
- juice and zest of 1 lime plus juice of one more lime
- salt
- 1/4th cup toasted pumpkin seeds

- 1) In a large bowl combine chopped herbs with sliced onion and radishes.
- 2) Cut off top and bottom of jicama and slice off brown rind just as you would slice off the skin of a grapefruit or apple. Cut into large matchsticks and add to the bowl.
- 3) Zest the rind of one lime and add the juices of both limes to the bowl and toss everything to combine.
- 4) Sprinkle with salt and set in the fridge to chill for 10 minutes.
- 5) Top with my Classic Dressing recipe and pumpkin seeds and serve.

Variation For a mexican flare serve this dish topped with black beans (soaked overnight and cooked) and simple oven roasted chicken rubbed with cumin and salt.

Savory Broccoli Salad Free of G,C,Ca,S,Su,and W

- 1 bunch broccoli chopped
- 1 large carrot shredded
- 1/4th red onion thinly sliced
- 2 Tbs ground flaxseed
- 1-2 Tbs toased sesame or walnuts
- 2 Tbs raw jarred tahini
- 1 clove garlic minced or ½ tsp garlic powder
- juice of two lemons
- sea salt to taste

Beneficial properties of flaxseed:

-Anti-inflammatory, bone protective, Lowers cholesterol, contain lignans which promote women's health and may fight breast cancer, and contain ALA an omega-3 fatty acid which helps soothe inflammation.
-A good source of fiber, manganese, folate, B6 and magnesium which protects the heart and soothes the nervous system.

- 1) Steam chopped broccoli for five minutes until tender crisp.
 - 2) Set broccoli aside in a bowl with the shredded carrot and sliced onion.
 - 3) Toast seeds or nuts in a dry skillet on medium low heat until golden – about five minutes.
 - 4) In a separate bowl combine 2 tbs tahini with lemon juice, minced garlic and salt.
 - 5) Drizzle over broccoli mixture. Stir in ground flax meal.
 - 6) Sprinkle with toasted seeds.
- May be served warm or chilled.

Spring Salad

- 4 medium red, pink or white radishes
- 1bulb thinly sliced fennel plus a few fronds for garnish
- 4 stalks chopped celery
- 2 4-5 oz roasted boneless skinless chicken breasts
- salt and pepper to taste

- 1) Preheat oven to 350 degrees F.
 - 2) Place chicken breasts in a shallow baking dish and sprinkle each side with salt and pepper (optional).
 - 3) Roast in oven for 25 minutes or until chicken is fully cooked and juices run clear when sliced with a knife.
 - 4) In the mean time, wash and thinly slice celery, fennel, and radishes. Set aside.
 - 5) Remove chicken from oven and allow to rest 5 minutes before slicing.
 - 6) Mix desired amount of salad dressing, vegetables and chicken together and split between two bowls.
- Garnish with fennel fronds.

Tangy Avocado and Grapefruit Salad with Caramelized Onion Relish

- 2 pink or red grapefruits peeled and sectioned, white pith and membrane removed
- 1 large Hass or Florida avocado pit removed and sliced
- ½ small red onion thinly sliced
- 4 cups mixed greens (try creamy butter lettuce or crunchy romaine)
- 2 sweet onions sliced into half moons
- 2 Tbs olive oil plus extra for dressing
- sprinkle of dried thyme

- 1) Heat olive oil in a pan on medium high.
- 2) Place onions in the oil, sprinkle with salt and thyme and allow them to soften for five minutes.
- 3) Reduce the heat to low and cover skillet allowing to cook about twenty minutes adding a little water if onions become dry.
- 4) Meanwhile cut off the ends of each grapefruit then slice off the remaining skin.
- 5) Working with a pairing knife, remove sections from the thin membrane and place in a bowl allowing extra juices to collect in the bowl as well.
- 6) Wash and spin dry the lettuce, thinly slice the red onion and chop avocado into ½ inch pieces.
- 7) Place all ingredients plus grapefruit in a salad bowl. Mix oil with grapefruit juice and season with salt.
- 8) Toss the dressing with the salad and top with onion relish.

Creamy “Tuna” Salad

- 1 can boneless skinless sardines packed in water
- ½ cup sheep milk yogurt
- 1 stalk celery finely chopped
- ½ small shallot finely minced
- 8 oil cured black olives, pits removed (any black olives will do as long as they are not marinated in vinegar)
- juice and zest of ½ lemon
- pinch each of garlic powder and salt
- drizzle of extra virgin olive oil

- 1) Finely chop celery and shallot and place in a bowl with sliced black olives, and the juice and zest of ½ lemon.
- 2) Add pinch of garlic powder, salt, and ½ cup sheep milk yogurt. Stir to combine.
- 3) Drain one can of sardines and gently fold into mixture along with a drizzle of extra virgin olive oil.
- 4) Cover and refrigerate for at least one hour so flavors have time to marry completely, or serve immediately over a mixed salad greens.

Variation -Add some chopped toasted walnuts and fold mixture into leaves of butter lettuce for a quick lettuce wrap.

Add 2 Tbs ground flax seeds for a boost of fiber and nutty flavor.

Satisfying Soups and Stews

Artichoke soup

- 2 packs frozen/thawed artichoke hearts
- 1 leek
- 3-4 celery stalks
- One shallot
- 4-5 garlic cloves chopped
- 1.5 Tbs anchovy paste
- Either 1 vegetable bouillon cube mixed with 4 cups water or 4 cups chicken broth
- 1 Tbs Italian Seasonings
- 1.5 Tbs olive oil
- Pinch of cayenne pepper if tolerated

- 1) Put artichoke hearts in glass oven dish with salt. Roast at 400 degrees until tender (about 15 minutes if they were defrosted first).
 - 2) In soup pot- sauté garlic, shallot, and finely sliced leek and celery in olive oil until tender (about 8 minutes).
 - 3) Add anchovy paste to pot- sauté for one minute further.
 - 4) Add roasted artichokes, Italian seasoning, cayenne and salt to taste.
 - 5) Add stock or bouillon and water.
 - 6) Simmer on medium low heat for fifteen minutes.
 - 7) Transfer to blender and puree in batches if necessary.
- The soup can be topped with goat milk or sheep milk yogurt and chives or you can top with pecans- roast in oven for until fragrant (12 minutes).

Quick Curry Cauliflower Soup

- 1 head cauliflower
- 1 bag frozen/thawed artichoke hearts
- 1 box chicken broth
- 1 Tbs garlic powder
- 1 Tbs yellow curry powder blend (without black pepper)
- 1 Tbs turmeric
- 1 tsp salt

- 1) In a large soup pot bring 1 box of chicken broth to a simmer.
- 2) Chop cauliflower into bit size pieces and add to the pot.
- 3) Add thawed artichoke hearts, garlic powder, turmeric, curry and salt to the pot and bring to a boil.
- 4) Reduce the heat to medium and simmer for 10 minutes.
- 5) Place soup into the blender and puree until smooth.

Cream of Broccoli Soup

- 2 Tbs olive oil
- 2 shallots chopped
- 1 lb chopped broccoli flowerets
- 1 leek white and light green parts only chopped
- 2 large zucchini or yellow squash shredded
- 3 garlic cloves crushed
- 4 cups water with one bouillon cube or 4 cups vegetable or chicken stock
- 1 cup yogurt (optional)
- pinch ground nutmeg
- 3 Tbs ground almonds or other nuts/toasted pumpkin seeds
- sea salt

- 1) Heat olive oil on medium in a large soup pot.
- 2) Add shallots and leek and cook until tender, about 6 minutes.
- 3) Add broccoli, zucchini and garlic. Cover and cook gently about 5 minutes.
- 4) Add stock and bring to a boil, then simmer 20 minutes.
- 5) Allow soup to cool slightly then stir in yogurt (if using), nutmeg and salt.
- 6) Pour mixture into a blender and puree in batches.
- 7) Garnish with ground nuts or seeds.

Golden Soup This one feeds a crowd on a budget. It is filling and low-cal and freezes well! Free of G,C,Ca,S,Su and W

- 1 head cauliflower (use the orange colored variety if available) chopped
- 2 large zucchini shredded
- 2 large onions chopped
- 4-5 stalks celery chopped
- 4-5 cloves garlic chopped
- 1 box chicken broth plus 2 cups filtered water or 1.5 cubes vegetable bouillon dissolved in 6 cups filtered water
- ½ tsp curry powder (only if tolerated as it contains some black pepper)
- 1 tsp sweet curry blend without black pepper
- 1 tsp garlic powder
- sea salt to taste
- 1.5 Tbs olive oil or coconut oil

- 1) Heat olive or coconut oil on medium in a large soup pot.
- 2) Add chopped onion and celery and cook until tender – about 7 minutes.
- 3) Add garlic and cook two minutes longer.
- 4) Add shredded zucchini and chopped cauliflower and increase heat to medium high.
- 5) Stir in curry powders, garlic powder and salt.
- 6) Add 1 box chicken broth plus 2 cups filtered water or 6 cups filtered water plus 1.5 cubes vegetable bouillon and bring mixture to a boil.
- 7) Reduce heat and simmer 10 minutes or until vegetables are tender.
- 8) Place soup in a blender in batches and puree until smooth.

Delicious Beef Stew This one takes a bit of effort but will make you feel like you are eating at a five star restaurant – well worth the moral boost! Make a big batch on a day when you have some energy and then freeze the leftovers to use during the week. **Free of G,C,Ca,S,Su, and W**

- 2 lbs grass-fed beef stew chunks
- Small quantity organic brown rice flour or chickpea flour - can buy in bulk section at natural food stores.
- Salt, pepper, cayenne and paprika (you may skip pepper, paprika and cayenne if not well tolerated. Cayenne and paprika come from peppers which are part of the nightshade family (tomatoes, potatoes, eggplant and peppers) and may increase arthritic symptoms in some lymies.
- Entire rind of one orange- only the orange part not the white part (the white part tends to be bitter).
- 1/4th tsp ground cloves
- 10 fresh sprigs thyme
- 3-4 bay leaves
- 4 cups beef stock (not the low-sodium kind because they contains cane sugar- read ingredients carefully) Imagine brand is good one
- 1 medium onion roughly chopped
- 1 package frozen/thawed artichoke hearts
- 1 medium sweet potato if desired
- 4 zucchinis, two chopped two shredded OR yellow sunburst squash
- 8 cloves garlic smashed
- 1/2 bag frozen/thawed pearl onions
- 3 Tbs ghee
- 1.5 Tbs olive oil
- 2 Tbs anchovy paste
- 2 cups water

- 1) In a large stock pot heat olive oil and ghee on medium high heat.
- 2) Meanwhile pour rice flour onto plate, mix in salt and ground pepper- and dash of cayenne- dredge meat in flour and place in stock pot in small batches to brown on all sides.
- 3) Remove meat from pot when browned but not cooked and set aside.
- 4) Add chopped onion and anchovy paste to pot and sauté one minute.
- 5) Add a half cup of beef stock to deglaze the pot and scrape brown bits from the bottom of the pot with a wooden spoon.
- 6) Add smashed garlic, thyme (you can place thyme sprigs in the pot whole – the leaves will fall off during cooking and you can then remove the stems), orange peel, ground cloves, pepper, salt, cayenne, and paprika.
- 7) Now add meat, remaining stock and bay leaves.
- 8) Bring mixture up to a boil and then reduce to a simmer- cook uncovered about 20 minutes until liquid starts to thicken.
- 9) Cover and cook on low heat for 1.5-2 hours
- 10) After 2 hours add squash and sweet potato (if using) and continue to simmer uncovered for 30 minutes. Serve immediately.

What's For Dinner:

Quick Seafood Dinner with Baby Greens Free of G,C,Ca,S,Su, and W

- 1 lb **Dover or Petrale Sole** or other white fish (avoid farmed and fresh, not frozen is best for this dish due to the high water content of frozen fish)
- 1 lb baby bay shrimp raw
- 1/3rd cup Classic Dressing
- 1 bunch swiss chard tough veins removed and chopped
- 1 bunch tender baby beet greens chopped. (If baby beet greens are unavailable simply substitute an additional bunch of chard or spinach.)
- pinch of nutmeg and salt to taste
- juice and zest of one lemon (optional)

- 1) Preheat oven to 350 degrees F.
 - 2) Spray the bottom of a baking dish with cooking spray or lightly grease with olive oil.
 - 3) Place fish in baking dish side by side so they are just touching each other and top each with a portion of bay shrimp.
 - 4) Drizzle the **Classic Dressing** all over fish and shrimp, sprinkle with salt and place in the oven to bake for 20 minutes.
 - 5) Meanwhile heat 1 Tbs oil or dressing in a skillet over medium heat.
 - 6) Add chopped greens (though it may look like a lot of greens they will cook down substantially) and sauté until tender – about 6-8 minutes.
 - 7) Sprinkle greens with a dash of nutmeg, lemon juice and zest and salt to taste and stir once more. Serve along side baked fish.
- If you are feeling really daring, fire a sweet potato into the oven to bake while you are cooking – delicious!

Kingly Quinoa with Roasted Broccoli and Scallions :

Free of G,C,Ca,S,Su, and W

- 1.5 cups **quinoa**, rinsed and soaked overnight if desired
- 3 cups chicken or vegetable broth or water
- pinch of sea salt
- 2 Tbs olive oil divided
- 1 Tbs sesame seeds
- 1 bunch broccoli chopped
- 3 scallions white and green part chopped
- 1 small red onion chopped into sizeable chunks

- 1) Preheat oven to 350 F. In a bowl combine chopped red onion and broccoli with 1 Tbs olive oil and toss to coat.
- 2) Sprinkle with salt and place in shallow roasting dish to bake for 35-40 minutes or until broccoli is browned and tender.

Many lymies suffer from heavy metal toxicity – much seafood contains toxins and metals such as mercury so it is important to avoid them. Here is a list developed by the Monterey Bay Aquarium of the most safe and sustainable fish:

- wild Alaskan salmon
- Pacific sardines
- anchovies
- domestic Dungeness crab
- wild Florida shrimp
- oysters and clams
- sole and talapia

Beneficial properties of quinoa:

- It is a complete protein containing all nine essential amino acids.
- A good source of iron, magnesium, **manganese**-which guards red blood cells from damaging free radicals, **B2** – essential for energy production in our cells and may fight migraines and **tryptophan**- essential for human nutrition as the our bodies cannot produce this amino acid on our own – known help promote sleep and relieve anxiety

- 3) Meanwhile place quinoa and water or broth in a pot with remaining Tbs olive oil and bring to a boil.
 - 4) Reduce heat to low and simmer 15-20 minutes.
 - 5) 10 minutes before broccoli is done add chopped scallion and sesame seed to roasting pan.
 - 6) Remove vegetables from oven and mix into quinoa. Add salt to taste.
- May be served warm immediately or as a chilled salad. This is great topped with my [guacamole](#) recipe!

Indian Spiced Tandouri Chicken

One medium container plain goat/sheep milk yogurt

- 1.5 Tbsp chili powder
- 1 Tbsp garlic powder and or onion powder
- 1 Tbsp ground coriander
- 1 Tbsp cumin
- 1 tsp turmeric
- 1 tsp cardamom
- A couple dashes of olive oil
- Boneless skinless chick tenders (organic)

- 1) Preheat oven to 350 degrees.
- 2) In large bowl combine all spices, yogurt and dashes of olive oil.
- 3) Add chicken and coat.
- 4) You can cook it right away or let marinate in the fridge for 45 minutes.
- 5) Place chicken in baking dish or on cooking rack (if using cooking rack place foil underneath to catch drippings).
- 6) Bake 25-30 minutes or until done.
- 7) Serve over quinoa mixed with lemon zest and mint. Mmmmmmmmm.

Veggie Meatballs

These freeze really well so you can make a big batch and throw them in the oven for a quick snack.

- 1 Tbs coconut or olive oil
- 1 medium onion
- 2-3 cloves minced garlic
- 1 celery stick
- 1-2 zucchinis shredded
- Some broccoli florets steamed and in smaller pieces
- 1 cup soaked raw sunflower seeds (you can substitute walnuts or almonds)
- Some ground up raw flax seed
- Italian seasoning and sea salt and lemon zest (or just use homemade salad dressing)

- 1) Heat large skillet and add coconut oil.
- 2) Sauté onion, celery and garlic until tender.

- 3) Add shredded zucchini, sea salt, lemon zest and Italian seasoning and sautee additional 2 minutes.
- 4) In a blender pulse mixture with added steamed broccoli and soaked sunflower seeds to a paste.
- 5) Form paste into little balls and roll in ground flax seeds.
- 6) Flatten balls into patties and freeze or fry them lightly for a few minutes in olive oil or bake them at 350 degrees in a greased baking dish for 12 -15 minutes or until golden.

Tasty Roasted Veggies and Guacamole Dip

- 1 lb fresh or 1 package frozen/thawed asparagus
- 1 medium red onion quartered and coarsely chopped into 1 inch chunks
- 3 zucchini chopped into 1 inch chunks
- 1 bunch fresh broccoli chopped into 1-2 inch chunks
- 2 Tbs olive oil
- mixed herbs such as rosemary, parsley and thyme – may be fresh or dried – sprinkle on as much as you like
- 1 clove of garlic smashed and minced
- Himalayan salt to taste

Guacamole:

- 2 ripe medium avocados
- juice and zest of 1 lemon
- one clove of minced garlic
- Himalayan salt and dash of olive oil to taste

- 1) Preheat your oven to 400 degrees F.
 - 2) In a bowl combine olive oil, garlic and herbs.
 - 3) Add all chopped veggies to the bowl and toss lightly to coat.
 - 4) Place vegetables in a roasting dish and top with a sprinkling of Himalayan salt.
 - 5) Roast 30-35 minutes until vegetables are tender and slightly golden, turning vegetables in pan once during roasting to ensure even cooking.
 - 6) In the mean time prepare guacamole by scooping out the flesh of two medium avocados and mashing them in a bowl with minced garlic and juice and zest of one lemon.
 - 7) Remove veggies from oven and top with a dollop of guacamole.
- This dish is great on its own or served over brown rice or quinoa.

Variation - mix in ½ cup plain sheep milk yogurt for a creamier guacamole or blend with classic dressing and basil for a green goddess dressing.

Sushi!

- 1 cup cooked brown rice
- 4 sheets toasted nori (nori is a type of seaweed you can find in the Asian foods sections of most supermarkets or at natural foods stores).
- 1 medium avocado thinly sliced
- 2 cups mixed crunchy veggies such as radish, cucumber and carrot sliced into matchsticks
- 2 soy free veggie burger patties such as Sunshine Farms Organic veggie burgers cooked according to package instructions and crumbled.
- 3 Tbs raw sesame tahini (sesame seed paste)

- Juice and zest of 1 lemon

- 1) In a small bowl mix together tahini, lemon juice, and lemon zest until a thin sauce is created.
- 2) You may add a bit of water if consistency is too thick.
- 3) Place 1 nori sheet on a flat surface such as a cutting board.
- 4) Dip a pastry brush in the tahini mixture and lightly brush the upward facing side of the nori sheet to coat, making sure to coat the edges well.
- 5) Spread ¼ cup of cooked brown rice on the nori sheet. Do not worry if it looks a little messy or does not cover the entire sheet.
- 6) Starting on the left side of the nori sheet, layer 1/4th to ½ cup sliced vegetables, avocado and crumbles ½ of 1 veggie burger in about a two inch vertical line, taking care to leave a 1 inch margin on all sides of the nori sheet.
- 7) Now lift the left side of the nori sheet and begin to roll it over the vegetable mixture just as you would roll a burrito until you have completed one roll.
- 8) Serve burrito style as a hand roll or cut into 1 inch rounds and sprinkle with additional tahini sauce.

Variations -If you would like to up the protein content of this roll you may add chopped shrimp – frozen/thawed and simply sautéed in olive oil for several minutes to replace the veggie burgers. Toasted and crushed hazelnuts also add protein and a satisfying crunch.

Easy Curried Lentils and Rice

- 2 cups green lentils (soaked in spring water over night)
- 2 cups brown rice (soaked in spring water over night)
- 2 large onions chopped
- 1 Tbs olive oil
- 1 Tbs coconut oil
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp pepperless curry powder
- 1 tsp curry powder
- 1 tsp cinnamon
- salt to taste
- juice of 1 lemon (optional)

-These tiny nutritional giants fill you up not out. They are packed with protein and cholesterol lowering fiber as well as B vitamins, folate, iron and tryptophan.
-Tryptophan is great for us because it helps regulate our sleep cycle and boost our mood.
-Many lymies suffer from renegade blood sugar but lentil's high fiber keeps it in check.
-Iron helps transport oxygen to all the cells of the body.

- 1) Heat olive and coconut oil in a sauté pan over medium high heat.
- 2) Add chopped onion and cook until tender – about 6 minutes.
- 3) Drain and rinse rice and lentils.
- 4) Place sautéed onions, lentils, rice and all spices in a crockpot, stir, and turn the heat to low.
- 5) Place the lid on the pot and cook 3-4 hours.
- 6) When mixture is cooked, stir in the juice of one lemon and season with salt to taste.

Variation -Add frozen chopped spinach to the mix the last 20 minutes of cooking for a boost of iron.

Serve leftovers as a cold salad – mix 1 1/2 cups of plain sheep milk yogurt with the juice of one lemon and some chopped cilantro. Add cooled lentils and rice to the yogurt mixture. Stir in 2 grated carrots and serve over mixed lettuce.

Chicken Scaloppini

- 5 chicken tenders flattened with a meat mallet
- 1 1/2 cups chicken broth
- 1 shallot minced
- 2 cloves garlic minced
- pinch of saffron
- 1/4 cup lemon juice
- 1 tsp raw unfiltered apple cider vinegar
- 1 tsp dried thyme
- 1/2 cup plain sheep milk yogurt
- handful parsley chopped
- 2 Tbs olive oil
- salt and pepper to taste

- 1) Warm olive oil in a saucepan over medium-high heat.
- 2) Season chicken tenders on both sides with salt and pepper (if tolerated)
- 3) Place tenders in the pan and reduce heat to medium.
- 4) Cook for 9 minutes, turning over once, until golden at edges and cooked through.
- 5) Remove tenders from the pan and set aside under some foil to keep warm.
- 6) Add shallot and garlic to pan and sauté one minute – add additional olive oil to keep the pan moist if needed.
- 7) Add lemon juice and scrape brown bits from the bottom of the pan with a wooden spoon.
- 8) Add chicken broth, thyme, saffron and apple cider vinegar.
- 9) Bring mixture to a boil uncovered and then simmer 5 minutes until sauce has thickened.
- 10) Remove mixture from heat and allow to cool slightly.
- 11) Pour a small quantity into the bowl with the yogurt and blend. Gradually whisk the rest of the mixture into the yogurt.
- 12) Pour over chicken tenders and garnish with chopped parsley.

Indian Spiced Turkey Tacos with Tangy Cucumber-lemon sauce:

- 1 lb ground turkey
- 1 tsp sweet curry powder
- 1 tsp garlic powder
- 1/2 tsp graham masala powder
- 1/2 tsp turmeric powder
- pinch of cinnamon
- sea salt to taste
- 1 medium onion chopped
- 2 stalks celery chopped
- 2-3 Tbs toasted sunflower seeds
- 1 Tbs coconut or olive oil
- 1/2 red onion sliced

-1 head butter leaf or other lettuce

Cucumber lemon sauce:

- juice and zest of one lemon
- 1 medium seedless cucumber peeled and grated
- 1 small clove garlic minced (optional)
- 6-8 oz plain sheep or goat milk yogurt

- 1) Heat oil in a deep pan on medium.
- 2) Add celery and onion and soften about 7 minutes.
- 3) Add ground turkey and spices and cook on medium-low with the lid on until turkey is cooked through, about 12 minutes.
- 4) Meanwhile combine juice and zest of lemon, cucumber and its juices, garlic and yogurt in a blender and sprinkle with salt. Blend until smooth.
- 5) Toast sunflower seed in a dry skillet on medium low until golden and fragrant, about 6 minutes.
- 6) Fill whole lettuce leaves as you would a taco with turkey mixture. Top with yogurt sauce, chopped red onion and toasted seeds.

Budget friendly idea: This is a great way to use up left over brown rice or lentils. Protein can be expensive so toss it in the pot with the turkey or omit the turkey all together to stretch a dollar.

Desserts: The Best Part!

Warm roasted pear with raspberry sauce -5 ingredients

Free of G,S,C, and W (not free of sugar because all fruit contains some sugar)

- 3 pears cored and sliced in half
- 1 cup frozen raspberries
- 8 Oz sheep milk yogurt (optional)
- 1 tsp ground cinnamon
- toasted nuts (hazelnuts, slivered almonds or walnuts)

- 1) Slice and core pears.
- 2) Brush sliced pear halves with cinnamon oil (cinnamon mixed with a little canola oil) or water and place in roasting dish in 350 degree oven for 15-20 min until golden and tender.
- 3) Toast nuts in same oven different pan for 10 minutes.
- 4) While pears and nuts bake place ½ cup frozen berries in saucepan and warm. Blend in blender for a smoother consistency sauce if desired. (may also add lemon juice to brighten the flavor).
- 5) Remove pears from oven and dollop sheep milk yogurt on top of pears.
- 6) Drizzle with raspberry sauce and sprinkle with toasted nuts.

Nutty chewy chocolate truffles: 5 ingredients

- 1 cup raw organic almond or walnut butter
(cashew butter may be okay if you are not having Candida issues)
- 1 bar 100% unsweetened baking chocolate (Dragoba is a good organic brand)
- 1/2 tsp stevia powder
- 1/2 cup toasted crushed almonds, pecans, hazelnuts or dried unsweetened coconut
- 1/4th cup 100% organic unsweetened cocoa powder
- pinch Himalayan pink salt

- 1) Toast nuts in a dry pan on medium low heat until fragrant and golden – about 5 minutes.
- 2) In the mean time place chopped chocolate bar in double boiler and melt with pinch of salt and stevia, adding nut butter until all are mixed together.
- 3) Remove mixture from heat and allow to cool slightly.
- 4) Form round truffle size balls.
- 5) Place cocoa powder and toasted nuts on a plate.
- 6) Roll truffles in cocoa powder and nuts or dried coconut.
- 7) Place finished truffles on a tray and freeze for a minimum of 30 minutes or eat them right away if you are like me and cannot wait.

A word on chocolate: I love it! It is touted to contain more antioxidants than any other food on the planet and is actually low in caffeine, however it does contain some stimulant properties so consume in moderation and talk to your doctor.

A word on stevia: stevia is an herbal extract that is sugar free and does not negatively impact blood sugar levels – avoid brands that use fillers or other ingredients and simply purchase in its pure form. Talk to your doctor before using if you have kidney issues.

Blueberry and lavender sauce -5 ingredients or less

- 1 cup frozen blueberries
- 1 tsp lavender
- 2 tsp coconut oil
- pinch of stevia

- 1) Heat coconut oil in pan.
- 2) Add lavender and warm 1-2 minutes until fragrant (you may grind lavender first in a coffee or spice grinder to intensify the flavor and aroma)
- 3) Add blueberries and stevia and heat through – blend in blender until smooth.
- 4) Or strain oil lavender mixture through a sieve until only lavender oil remains and return oil to pot with blueberries – then blend sauce.
- 5) Serve warm or chilled over sheep milk yogurt, top with nuts or blend into smoothie.

Luscious chocolate dip -5 ingredients or less

- 1 bar 100% unsweetened baking chocolate
- 1/8th to 1/2 tsp stevia powder depending on desired level of sweetness

- 1) Place chopped chocolate bar in a double boiler and melt.
- 2) When mixture begins to look creamy add stevia and stir to incorporate.

3) Drizzle over yogurt, fresh cut strawberries, coconut wedges or add to a smoothie made of homemade nut milk, protein powder and almond butter.

Variations

Add 1tsp cinnamon, chili powder, fresh vanilla beans, pureed raspberries, orange zest or alcohol free cherry extract to mix.

Banana Nut Popsicles -5 ingredients

- 3 ripe bananas peeled and cut in half crosswise
- 1 100% unsweetened baking chocolate bar
- 1 cup toasted pecans, almonds or other nuts or 1 cup shredded unsweetened coconut
- 1/2-1 tsp stevia powder
- wooden popsicle sticks (optional)

- 1) Toast nuts or unsweetened coconut in a dry pan on medium low heat until fragrant and golden – about 5 minutes. Set aside.
- 2) In the mean time slice each banana crosswise so you end up with six banana halves. Set aside.
- 3) Place chocolate and stevia in a double boiler and melt until creamy (if you want sauce to have a thicker consistency you may add 100% unsweetened cocoa powder and additional stevia)
- 4) Roll bananas in chocolate mixture until coated and sprinkle with toasted nuts or coconut flakes.
- 5) Insert wooden sticks into base of banana just as you would a popsicle.
- 6) Place flat on a tray and freeze for a minimum of one hour. Serve chilled.

Variation - Mexican chocolate bananas

Mix chili powder, cayenne and cinnamon into melted chocolate for a Mexican kick – ariba!

Fruity Popsicles

- 1 cup each frozen raspberries, strawberries and blueberries
- juice of two lemons or limes plus zest
- splash of sparkling water
- dash of stevia if desired

- 1) Puree all ingredients in a blender until smooth but thick (you may add a banana or some yogurt for additional creaminess if tolerated).
- 2) Pour puree into popsicle containers, insert a wooden stick and freeze until set, about 4 hours.

Chocolate pecan meringue clouds

- 3 egg whites at room temperature
- pinch of Himalayan salt
- stevia 1tsp liquid
- 1 vanilla bean – seeds removed and husk discarded
- 1-2 unsweetened cocoa powder or one bar 100% unsweetened baking chocolate melted in a double boiler and cooled to room temperature
- 1/8th tsp crème of tartar

- 1) In a mixing bowl beat egg whites and salt until soft peaks form.
- 2) Gradually add stevia and cocoa powder until stiff peaks form – about 5-8 minutes.
- 3) Fold in vanilla beans and pecans.
- 4) Drop well rounded teaspoonfuls onto baking sheet greased with cooking spray or lined with parchment paper.
- 5) Bake at 200 degrees for 50 to 55 minutes until firm.

Sweet potato pie

Crust:

- 1 egg
- 1 cup coconut oil
- 1 cup soaked walnuts/brazil nuts/sunflower seeds
- 4 crushed rice cakes
- 1/2 cup flax meal
- 1/2 cup almond/brown rice flour
- 1/2 cup shredded unsweetened coconut flakes
- cinnamon or pumpkin pie spice

Filling:

- 3 cups sheep milk yogurt
- 3 cups mashed cooked sweet potato
- cinnamon
- 1 vanilla bean
- sprinkle with toasted nuts

- 1) Blend mixed nuts, flax meal, flour, spices, rice cakes and shredded coconut in a blender to form a course meal.
- 2) Transfer mixture to a bowl and add egg and melted coconut oil
- 3) Firmly press mixture into the bottom of a greased nonstick pie pan and bake for 25 minutes in a 350 degree oven – remove and let cool.
- 4) Meanwhile mix vanilla, sweet potatoes, cinnamon and yogurt together until well incorporated.
- 5) Smooth mixture into pie pan, sprinkle with toasted nuts and let chill in the freezer for at least 4 hours.

Drinks:

Raspberry fizz cooler -5 ingredients Free of G,C,Ca,S, and W

- 1/4 cup frozen raspberries
- 1/4th to 1/2 tsp stevia powder (optional)
- handful fresh mint
- bottle sparkling water
- juice of one lemon or lime

- 1) In the bottom of a glass crush/muddle raspberries and mint.
- 2) Add powdered stevia and juice of one lemon or lime and continue to mix until well incorporated.

3) Top with ice cubes and sparkling water.
Garnish with a lemon wedge and a couple raspberries

Cucumber Lime Sparkler Free of G,S,Su,C,Ca and W

- 1 cucumber peeled plus several slices for garnish
- juice of one large lime and ½ tsp zest
- 1 bottle sparkling water

1) Peel the cucumber and puree in a blender or food processor until smooth. Reserve several slices for garnish.
2) Place mixture in a strainer and strain the liquid into a glass. Discard pulp.
3) Add zest and juice of one lime to cucumber liquid and mix.
4) Top with ice cubes and sparkling water.
Garnish with lime wedges and cucumber slices.

Sleepy Time Tea Free of G,S,Su,C,Ca, and W

This is a blend of soothing herbs that helps me to sleep when I am up at three a.m. for no reason
Ingredients can be found in the bulk section of most natural food stores – pick a place that has high turnover in case you have mold concerns.

- ½ tsp dried lavender
- ½ tsp dried chamomile
- ½ tsp dried lemon balm
- ½ tsp dried fennel seed
- 1 1/2 cups spring water

1) Combine all ingredients into a large teabag or reusable wire mesh tea ball.
2) Bring water to a boil and then remove from heat
3) Add tea ball and steep 5-7 minutes.
May be served warm or over ice.

The Inevitable green drink Free of G,S,Su,C,Ca and W

Our poor livers bear the brunt of detoxifying the Lyme critters from our system and must soldier on around the clock.

I'm not going to pretend that this drink tastes pretty...because it doesn't, but it is a gentle way bathe your body in nutrients and your liver will thank you!

- 1 large beet and its greens
- 2 medium carrots
- ½ bunch dandelion greens, rinsed
- 2 cucumbers
- 1 lemon with the rind
- 1 tbs wheat grass powder (you can find this on vitacost)

1) Chop all ingredients and place into a juicer in batches.
2) Add powdered wheat grass to the juice and drink immediately.

-Dandelion repairs liver function and increases the flow of bile helping our bodies detox the Lyme sludge.
-Carrots have antimicrobial properties.
-Beets are rich in antioxidants that produce glutathione and act as body guards for our liver. They also contain betaine which fights inflammation.
-Cucumber eases water retention.
-Lemons possess antibacterial properties and support the liver.
-Wheat grass contains high amounts of chlorophyll and has an alkalizing effect on our bodies (disease cannot thrive in an alkaline environment). The human body can easily transform chlorophyll into haemoglobin improving red blood cell count and increasing the transport of oxygen throughout the system.

